

Stay Strong, Live Long

VON Presents Fall Prevention!

*An education series on healthy aging, prevention falls and chronic illnesses,
along with the promotion of independent living.*

Tues Oct 21st	#1 The Legend of the Fall & Why should I be worried about falling? #2 Getting and Keeping Strong Muscles & Solid Bones
Tues Oct 28th	#3 Keep it in check: Blood Pressure, the Ups and Downs #4 They Keep on Changing: Vision and Hearing
Tues Nov 4th	#5 Those Darn Feet: Peripheral Neuropathy & Diabetes #6 Can I reduce the odds of Alzheimer? Can I get a good night sleep?
Tues Nov 18th	#7 (Don't) Just Pop a Pill: Medication Use #8 Eat Well, Feel Good: Nutrition for the Ages & Incontinence
Tues Nov 25th	#9 When/How to use Mobility Aids/Assistive Devices #10 Keeping your Home & Environment Safe!
Tues Dec 2nd	#11 What can I do about Arthritis/Osteoarthritis? #12 Oh no! I fell! What should I do?
	*** No session on Tues Nov 11 th ***

**Come out and learn the latest research on how to Prevent Falling!
This session is FREE to anyone!**

**Learn something new, and uncover the secrets to living a long
successful life with good mental and physical health!**

Tuesdays @ 11:00am (each session will be approximately 1 hour)

**Location: Guelph Bridge Club
23 Victoria Rd N, Guelph (Grange and Victoria Plaza)**

**Contact Alan for more information
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